

# Coping with Worry and Stress - Wellness Tips



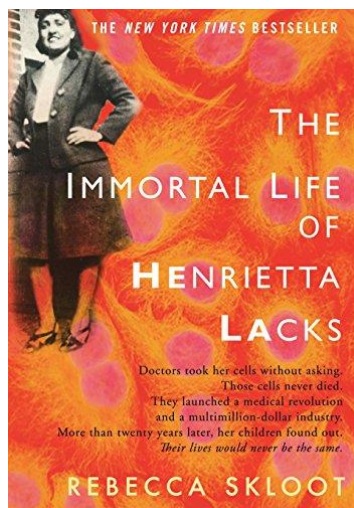
Welcome to your daily dose of wellness!

Today's Message: READ



Many of us are staying home these days (“social distancing”) to protect ourselves and our family during the pandemic. This enforced hibernation can have negative effects like depression, irritability, and weight gain. Fortunately, there are plenty of ways to counter these tendencies, especially when we access the energy and power in our *bodies, hearts, head, and spirit*.

Today's topic, “Read,” includes tips on how to choose books that will capture your imagination, expand your knowledge, inspire you, visit other places, and step away from your own life, if only for a while. If your library or bookstore is closed, explore eBooks options; these are free when checked out from your library.



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